



Fruit of the Week:

Mangos

Healthy Recipe Idea: Mango Chicken Stir-Fry

Ingredients:

- 2 (12oz) chicken breasts, skinned and boned
- 2 Tbsp olive oil
- 1 Tbsp low sodium soy sauce
- 1/4 cup pineapple juice
- 2 Tbsp brown sugar
- 1/4 tsp ginger
- 1 green bell pepper, cut into strips
- 1/2 cup slivered almonds
- 2 soft mangos, peeled, seeded and sliced
- Salt and pepper to taste
- 2 cups brown rice, cooked



Directions:

Cut chicken into 1-inch cubes; brown in hot oil in wok. Meanwhile, in a small bowl, combine soy sauce, pineapple juice, brown sugar and ginger. Add green bell pepper and almonds to wok and stir-fry until slightly tender. Add soy sauce mixture to wok and stir until thoroughly heated. Reduce heat and add sliced mangos, salt and pepper. Heat for one more minute. Serve immediately over cooked rice.

How do I slice my mangoes ?

Choose firm mangoes that give slightly when pressed and smell pleasant. Rinse well under running water to remove any sap. Inside of a mango is a large, flat seed. Use a sharp knife to cut down from the stem until you feel this seed. Shift the knife so that you are cutting the fruit off of the seed. You should end up with two "cheeks" and two strips from the edges of the seed. Trim any remaining fruit from the seed and discard. Cut this fruit into chunks. Holding a cheek steady against the cutting board, use the knife to cut a series of lines from end-to-end and side-to-side without cutting through the skin, so you have a grid pattern. Then, holding the edge of the cheek, press up against the skin so that the squares pop out.. Use the knife to cut these squares off of the skin. Repeat with the other cheek.